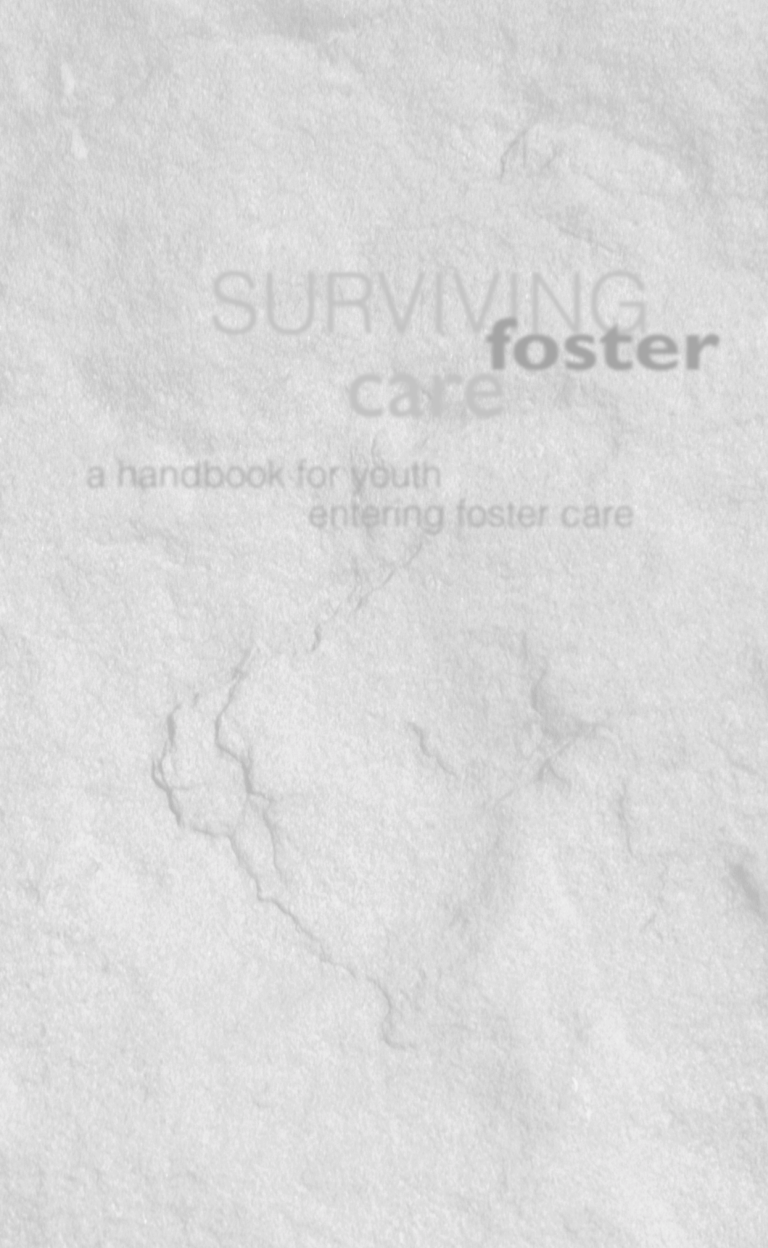


SURVIVING **foster** care

a handbook for youth
entering foster care

The background of the entire page is a piece of marbled paper with a complex, organic pattern of swirling, branching, and cell-like shapes in various shades of grey, taupe, and off-white. The pattern resembles natural textures like stone, wood grain, or biological cells.

SURVIVING **foster** care

a handbook for youth
entering foster care

acknowledgements

Special Thanks To:

Melissa Mouldin, AmeriCorps Member, and Maureen McLemore, program manager with the Independent Living Skills program at Community Youth Services in Olympia, Washington.

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contents

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contents

Table of

contained within



section	title	page
1	Hello	1
2	Why Am I Here?	5
3	Where Will I Live? ..	17
4	What's A Social Worker?	33
5	Staying Happy and Healthy: Tips for Taking Care of Yourself	47
6	The Foster Care Bill of Rights	63
7	Are You Speaking English? Your Dictionary of Foster Care Lingo	69
8	Remember! Important Names and Phone Numbers	83
9	Remember! Important Dates	91
10	Remember! Contact Log	95

hello

hi

hello
w'sup Howdy



hello. Welcome to Surviving Foster Care, a handbook to the in's and out's of living in foster homes. If you're like most kids, you're probably feeling pretty confused and scared right now. Hey that's normal! And that's why we're here: to give you the basic facts of "What's Happening" and what you can probably expect in the near future.

The information, stories, and tips in this book come straight from the source: youth who live or have lived in foster care. Kids who, maybe like you, had

lots of questions, but few places to turn in the beginning. We hope their experiences will help as you transition into foster care.

The teens who shared their time and their stories to make this handbook real and true are members of the Independent Living Skills program at Community Youth Services in Olympia, Washington.

Guidance and writing assistance for this book were provided by Melissa Mouldin, AmeriCorps Member, and Maureen McLemore, program manager, with Olympia ILS.

why am i here?

I want to know

why am i here?

WHY?

that's the question



why am i here? As a youth living in Washington, our government (often called "the State") has a responsibility to keep you as safe as possible. The safest place for a youth is usually in his or her own home, but right now the state has reasons to believe that you will be better cared for outside of your home.

There are many different reasons why a kid might be placed into foster care. Maybe their parents were abusive, or maybe the parents and teen couldn't get along well enough to live in the

same house, or maybe the youth had a disability and the parents needed help caring for them. Every situation is different, so you can ask your social worker to explain the reasons why **YOU** will be living in foster care. Whatever the reason we want you to know it is **NOT** your fault that you are in foster care!

While you live in foster care,

t h e

State

will

**EVERY SITUATION IS DIFFERENT,
SO YOU CAN ASK YOUR SOCIAL
WORKER TO EXPLAIN THE
REASONS WHY YOU WILL BE
LIVING IN FOSTER CARE.**

provide your parents an ISSP
(Individual Service and Safety

Plan), usually called a "case plan". This case plan will list what your parents need to do in order to have a safe and healthy

**WHATEVER THE REASON,
WE WANT YOU TO KNOW IT
IS NOT YOUR FAULT THAT
YOU ARE IN FOSTER CARE!**

home for you to come back to. You will also have a case plan listing what you'll need to do while living in foster care. Your case plan might include things like going to school or talking to a counselor. While you and your parents are working on your case plans, you will live in foster care and have a social worker (sometimes called

a "caseworker") who can help you meet the goals listed in your case plan.

when can i go home? You can probably go home once everyone, including you, has followed their case plans and made all the necessary changes. While you're living in foster care, the State will keep investigating your family's situation and when they feel the home is safe, you will more than likely go home. This can be a long process and may take months or even years. And

once you are home, your social worker will remain in your life for another six months, contacting you to make sure that your family is continuing to do well.

what if my parents don't follow their case plan? If your parents don't make the necessary changes listed in their case plans within a reasonable time, then the state will probably take away their custody of you. This means that your parents would no longer be responsible for taking care of

you and the State would work with you to make a permanent plan for where you will live until you turn 18 years of age.

can i talk to my parents while i live in foster care? "Depending on the situation. If there has been abuse then I think not, but if it's for something else then maybe." **-Chelsey**

"Depending on what occurred in the home, they may allow supervised visits and phone calls to the home." **-Regina**

Your social worker and the

court will decide what visitation is allowed for you and your family.

my brothers and sisters didn't move here with me. will i see them again?

Calling and visiting your brothers and sisters will also be decided by your social worker and the court. Efforts will be made for visitation with brothers, sisters, and family members.

what about my children? what happens to them? "They could come

with you in some foster homes, they could be placed somewhere else in a different foster home, or they could stay with one of your relatives." - **Erik**

"Sometimes you get placed in specialized foster homes that take teens and their children."

- **Michelle**

Chelsey says, "Most likely your child will remain with you," but reminds teen parents that the state still has legal responsibility for both you **AND** your child. "If you are placed in a foster home with your

children and then leave the home without permission, you could be arrested for kidnapping your own child." Be sure to ask your social worker about your parental rights and responsibilities, and discuss these with your foster parents so you're all on the same page!

**SOMETIMES YOU GET
PLACED IN SPECIALIZED
FOSTER HOMES THAT TAKE
TEENS AND THEIR CHILDREN**

a poem



WHY AM I HERE?

Who am I?

I am me.

I am here not because I want to be,
not because I have to be,
but because I am me.

I can show my fear, hide my anger,
and interrupt you with my happiness.
Don't judge me because I am different,
just love me as your own.

–Charllette

where will i live?

WHERE?
will i
live

a place to stay



where will i live? While you are staying in foster care, you will live in a new home with a new family. A foster home is not meant to replace your natural family. Instead, it is intended to be a family-like environment where you will live with people who will take care of you. Your foster family may be very different in some ways and very similar in other ways to your natural family. You can expect to eat with your foster family and have your own bed and places to keep your things. Your foster

parents should provide you with clothes and an allowance, arrange your doctor's appointments, take an interest in you and your activities, listen to you, encourage you, and answer your questions.

who will i live with? Every foster family is different, so you'll have to wait and see who exactly you will live with, but here are some possibilities. You might have a foster mother and father or a single foster parent. Your foster parents

might be young adults or older grandparents. You may be the only child in the home, but more likely you'll have foster sisters and brothers. These foster siblings might be

YOU MAY BE THE ONLY CHILD IN THE HOME, BUT MORE LIKELY YOU'LL HAVE FOSTER BROTHERS AND SISTERS.

biological children of your parents,

or they might be other foster kids like you, or there might be a mix of both. Members of your foster family may or may not be of the same race or ethnicity as you, and they could be gay or straight. Basically,

your foster family can look as diverse as any other family! Though it can often be difficult with the limited number of foster homes

available,

THE STATE WILL TRY TO MATCH YOU WITH A FOSTER HOME THAT BEST MEETS YOUR NEEDS.

the State **WILL** try to match you with a foster home that best meets your needs. You can talk with your social worker about the type of home you would do well in.

will i always live here? "You'll stay in foster care until you're returned to your parents or you

turn 18 years old." **-Davín**

But that doesn't mean you will always be in THIS foster home. It's pretty common for kids to move to a few different homes until they find one that really matches. And sometimes it can work out to live with a relative. Other times, kids are adopted or an adult agrees to be a legal guardian. These decisions need to be made with you, not for you.

will i have a "pre-placement visit"?

Hopefully there will be time for

you to have a pre-placement visit with your new foster family. This is a time before you move into a new foster home for you to meet the potential family. You can talk with them, ask them questions, and get a feel for the house to see if you'd like to live there. Sometimes there isn't time for a pre-placement visit if you need a home quickly, and sometimes there just aren't that many houses open for you to choose from, so you may not get a visit.

i heard someone mention group homes. what are they?

Group homes are also foster care homes, but

DAVIN SAYS THAT IN HIS EXPERIENCE, GROUP HOMES HAVE MORE KIDS AND STRICTER RULES.

instead of living with a foster family

in a home-like environment, you would live with other foster care kids and be supervised by counselors. Davin says that in his experience, group homes have more kids and stricter rules. Foster care kids are usually sent to group homes when there aren't any foster homes available or when they have

repeatedly run away from their other foster home.

o.k. i'm here. now what? Erik suggests: "Get along with your foster parents and kids as best as you can, as quickly as you can. It will help the transition."

One way to get along is to find out where you stand by asking questions like:

- What are the house rules?
- What am I allowed to do?
- What do you expect of me?
- What will you help me with?

Here are some other tips for making the best of your new foster home:

- Follow the house rules. Rules should be the same for you as for other members of the family.
- Do your chores.
- Be respectful.
- Tell your foster parents where you're going and, oh yeah, get their permission before you go!
- Tell your foster family what you need. They can't help you if you don't let them in on

what's going on!

- Keep an open mind. Be open to new experiences.
- Allow your foster family to help you.
- Be patient.
- See your foster family as a **FAMILY** and not just strangers. Try to be part of the family.
- Keep trying!

"Running away gets you nowhere, and should not be considered unless you're in the most extreme life and death situation. Being on the run is

not fun and could only lead to more problems." -**Samantha Jo**

"It's hard not having a home or people that care about you.

IT'S HARD NOT HAVING A HOME OR PEOPLE THAT CARE ABOUT YOU.

This world is big and you can get lost. If you have a good foster home, try to be good for them." -**Diana**

what should i do if my foster family isn't taking care of me right? Talk to your social worker! It's up to him or her to decide whether you can move to a new foster home. So ask for their help and

be prepared to explain **IN DETAIL** what's not right about your foster home.

"Remember, foster care is not going to be the same as your real home. If you feel you're not being treated fairly, like you want to do something and your foster parents won't allow it, this may be because of State regulations. They have to cover their backs so they don't lose their license to have a foster home." **-Samantha Jo**

No matter what your foster parents' reason for their

decisions, you **ALWAYS** have the right to talk to your social worker about your questions and your concerns! And under no circumstances are you expected

**UNDER NO CIRCUMSTANCES
ARE YOU EXPECTED TO PUT
UP WITH ABUSE.**

to put up with abuse! Abuse includes hitting, pushing, name-calling, frequent yelling, abandonment, touching you in private areas, and many other unhealthy behaviors. If you think that you are being abused, please tell your social worker or another trusted adult right away!

You can also talk to someone anonymously by calling the **Child Abuse Hotline** at **1-800-422-4453** Or you can call the **Washington Domestic Violence Hotline** at **1-800-562-6025**.

Abuse is **NEVER** okay and it is **NOT** your fault.

what's a
social worker?

caseworker

tell me **WHAT IS?**
a social worker
I wanna know



what's a social worker? By now you've probably met your social worker. He or she will be your link to the State. Because the State has legal responsibility for you while you're living in foster care, someone has to monitor the progress of your case. That person will be your social worker. He or she will:

- Locate a foster home for you
- Monitor how things are going in your foster home, including mediating between you and your foster family, if necessary

- Write your Individual Service and Safety Plan (ISSP), which will list the things you will need to do while living in foster care
- Help you fulfill your ISSP by planning with you and giving you important information
- Work with your natural parents, if possible, on their ISSP's so they can make the necessary changes for you to return home
- Plan with you and your natural parents for family

visits while you are living
in foster care

- Prepare you for court
hearings, accompany you to
court, and make sure you have
a State lawyer to represent
you
- Help you meet some of your
basic needs with clothing
vouchers and money for other
important stuff
- Help you plan for your future

"Your social worker helps you
with your needs, explains the
rules to you, and encourages

you. They can get you connected to healthy activities" -**Davin**

"It's best to sit down with your caseworker and find out what exactly they can do. Each one is different." -**Erik**

These are the kinds of things your social worker is **SUPPOSED** to do, but remember:

**IT'S BEST TO SIT DOWN
WITH YOUR CASEWORKER
AND FIND OUT WHAT
EXACTLY THEY CAN DO.**

"Social workers are just like everyone else - some good, some bad. It is always best to give each one a chance." -**Erik**

If after you've given them a chance, and they just aren't

helping in the way you need to be helped, Michelle suggests, "Voice your concerns and make yourself heard. Open communication is the best I can recommend."

Regina agrees, "I disliked my social worker so much. I felt that all she wanted to do was send me home, which was unsafe. So one day I took a deep breath and talked to her about how I was feeling. After we had that discussion my caseworker and I were on better terms."

**what if i talk to my social worker
and he or she still doesn't get it?**

"Find someone that can
advocate for you and help you
get your needs met." **-Michelle**

That someone could be your
foster parent or your counselor
or maybe a teacher. You may even
need to talk with your social
worker's supervisor and ask for

his or her

help. Or

you may

**OFFICE OF
CONSTITUENT RELATIONS:
1-800-723-4831 or
360-902-8061**

call the Office Of Constituent
Relations at 1-800-723-4831. And
if you feel at any time you are

not being listened to, you can call the Office of the Family and Children's Ombudsman (1-800-551-7321 in Washington) for help. They exist to help people like you resolve conflicts with the State and State workers. Whatever you do, Michelle says "Don't give up, especially if you feel you are right or if you feel that you are in danger and you can't get out."

You have the right to ask for help and to keep asking until you get it!

how often will i see my social worker?

Your social worker is required to have contact in person with you at least once every three months. Beyond that, how often you will see your social worker will depend on how busy he or she is. Whenever you need to talk to your social worker,

give them

**YOU HAVE THE RIGHT TO
ASK FOR HELP AND TO KEEP
ASKING UNTIL YOU GET IT.**

a call, and be sure to leave a message if they're not there.

What do I need to do for my social worker? Keep your appointments with him or her.

"Tell them clearly what you want and need." **-Jenny**

"Don't blow off what they tell you to do." **-John**

"Do the things in your ISSP, or at least try." **-Davin**

"Do the best you can in your home so your social worker can write impressive reports about you." **-Samantha Jo**

what's a "team meeting"? Your social worker, your foster parents, and you work as a team in figuring out what is best for you. At team meetings, all

of you, along with other professionals you're working with (like a counselor) will get together to talk about how things are going, how they can help you, and what you will be doing next. If things are not going well in your foster home, requesting a team meeting may be an excellent way of getting everyone's thoughts on how to resolve the problem.

can i invite anyone to a team meeting? Well, maybe not your friends or your dog, but you

might be able to invite an adult who is supportive of you. "It

**YOUR SOCIAL WORKER,
YOUR FOSTER PARENTS,
AND YOU WORK AS A
TEAM IN FIGURING OUT
WHAT IS BEST FOR YOU.** helps
to have
someone

there to help you see a different view point, and to have someone advocate for you."

-Michelle

other tips for working with your social worker "You should keep track of the dates and times of your conversations with your social worker. That way, if you need to remember what happened


on a certain day, you will have a record of it and you will be able to be an advocate for yourself." **-Amanda**

(We have included a "contact log" in the back of this book to help you keep track of these conversations.)

"I've been in foster care for almost 3-1/2 years. I have had over 15 different social workers. One thing I've learned is to make them spit out what they have to say and not to confuse you with a bunch of large words and difficult lingo.

Also, don't let your social worker bring up the past too much. People do change with age and maturity." **-Jenny**

**YOU SHOULD KEEP TRACK OF
THE DATES AND TIMES OF
YOUR CONVERSATIONS WITH
YOUR SOCIAL WORKER.**



staying happy
and healthy

TIPS
take care for
taking care
of yourself

be good to you

staying happy and healthy. Life can get pretty stressful in foster care, so it's important to take care of yourself. Here are some ideas for what to do.

when you're feeling bored:

- **Do something creative:** write, draw, paint, color, sing, dance, cook
- **Get productive:** clean your room, do your home work, work in the yard,
- **Read**
- **Play a sport**
- **Get a job**

- Volunteer for a cause you care about
- Hang out with friends

YOUR IDEAS:

when you're feeling stressed:

- **Exercise:** walk, run, bike, swim, dance, play a sport
- **Talk about how you feel**
- **Eat well**
- **Listen to music**
- **Meditate**
- **Scream into a pillow**

YOUR IDEAS:

when you're feeling lonely:

- Try to be involved with your foster family
- Find a local support group (like Independent Living Skills groups) with kids your age that meet and do special activities, so that you meet people that could be in your situation and know how you're feeling
- Meet new friends by getting involved in clubs or your local teen center
- Get a pet

YOUR IDEAS:

when you're feeling angry:

- Take a deep breath
- Express your feelings more
- Don't hold your anger in
- Find a trusted friend to confide in
- Exercise your frustrations out
- Pound on a pillow
- Yell real loud (but not AT anyone!)
- Transition any violent urges into something creative or constructive

YOUR IDEAS:

when you're feeling sad:

- Cry if you need to - it's ok to cry
- Find a friend you can trust
- Hug a good friend
- Write in a journal

YOUR IDEAS:

"I have coped with depression for quite a while now. I use to hold all my sadness inside, and then I'd run away. But that was not going to solve any of the problems that I was having. Then I learned some better techniques. Like, taking deep breaths, going for walks, or talking to someone that I trust. That may not make you feel completely better, but it will help you cope". **-Regina**

and whatever you do:

- Try... and keep trying
- Keep your cool, don't get violent
- Remember to keep your head up
- Think positively
- Don't give up
- Have pride in yourself
- Don't take anyone or anything for granted
- Stay strong because things will get better!
- Know that foster care beats living on the streets

YOUR IDEAS:

your foster care
bill of rights

YOUR rights
stuff you should know

you have the right...

BILL OF



while living in foster care, you have the right...

1. To live in a foster home with people who physically and emotionally care for you. You should not have to endure any emotional, physical, or sexual abuse from **ANY ONE IN ANY HOME!** (If you have questions about what behaviors are abusive, you can ask your social worker or call the Child Abuse Hot Line anonymously at 1-800-422-4453).
2. To be treated with respect

and fairness, regardless of your past and your gender, race, sexual orientation, and religion.

3. To pursue your individual hobbies and interests, whatever they may be, so long as they aren't harmful to others or disruptive to your foster home.
4. To receive adequate, voluntary medical, dental, and mental health care.
5. To receive education, career guidance, and independent living skills to help you

prepare for your future.

6. To speak your mind and to be heard by those who will make decisions about your life.
7. To receive honest information about decisions affecting you and your case, and to be actively involved in the case planning process, appropriate to your age and ability.
8. To have phone contact and visitations with family members, social workers, attorneys, and adult supporters, whenever

possible and when approved by the court.

9. To have regular contact with your social worker and to have your conversations kept confidential except for matters regarding your safety.

10. To attend all court hearings concerning your case, to have a State attorney represent you, and (if you have been abused, neglected, or abandoned) to have a guardian ad litem advocate for you in court.

Remember that although you should automatically have 100% of these rights 100% of the time, the reality is that sometimes these rights aren't immediately honored. Sometimes you'll need to remind people of your rights, stand up for yourself, and find others who will support you in having these rights.

dictionary of
foster care lingo

DICTIONARY

lingo

WORDS

important stuff to know

check this out



DICTIONARY OF FOSTER CARE LINGO

Lingo: Special words and phrases used by a group of people doing the same activity, like everyone involved in foster care, including you!

Advocate: Someone who listens, supports, and is on your side. Someone can advocate for you by listening to your opinions and then speaking on your behalf. You can advocate for yourself by expressing yourself and standing up for your rights.

At-risk youth: Legal term for

youth under 18 years of age whose parents have asked the court to set official rules for the child's behavior. Violation of the court's rules is illegal.

Becca Bill: Washington law which makes it illegal for youth under 18 years of age to run away or miss more than 5 days of school per month (or 10 days of school total per year)

Case plan: Common name for an ISSP (Individual Service and Safety Plan), the plan written by your social worker which lists the steps you and/or your family

need to take while you are living in foster care.

CHINS (Child in Need of Services)

petition: The process for a child's case to be brought to court in order to determine whether the child needs services or needs to go into foster care. These CHINS petitions can be started by parents or the children themselves.

CPS: Child Protective Services, the agency which investigates child abuse and neglect and determines if the children need to be removed from their homes.

CRC: Crisis Residential Center, State shelter where youth may be temporarily placed when they are in conflict with their families or have run away.

Custody: Legal responsibility to care for a child.

DCFS: Division of Children and Family Services, the agency where your social worker works.

Detention: Juvenile Detention, jail for children under 18 years of age.

Dependency: Legal term for a foster care youth being in

custody of (in other words, being dependent on) the State. The dependency process includes: ***Fact-finding hearing:*** Court hearing where evidence is presented about why you should or shouldn't be placed in foster care. A decision about where you will live may be made right away or up to two weeks later at a disposition hearing.

Dependency review hearing: Every six months after you have been placed in foster care, the court will have this hearing to review your case and decide if your

living situation needs to be changed.

Permanency planning hearing: If you are still in foster care after 9-12 months, the court will have this hearing to decide what your permanent living situation will be.

DSHS: Department of Social and Health Services, the agency that runs DCFS.

Emancipation: Court decision to grant full adult legal status to 16 or 17 year olds who have proven to the court that they

can care for themselves. The court considers things like whether you have completed school, have full time work and have saved money. Emancipation ends the parents or state's custody of the child, and therefore the child can move out of their natural or foster home.

GAL: Guardian Ad Litem, court employee who meets with a child and parents to help the judge decide what will be the safest, healthiest home for the child.

Hope Center: Emergency shelter for teens living on the street

or in unsafe places. With parent or court permission youth can stay up to 30 days. (Will open January 2000)

ILS: Independent Living Skills, nation-wide program for foster care teens 16-21 to learn skills in preparation for moving out on their own. Your social worker can refer you to your local ILS program.

ISSP: Individual Service and Safety Plan, the document written by your social worker which lists the steps you or your family need to take while

you are living in foster care.

Juvenile Court: Court for youth under 18 years of age.

Minor: Legal term for any child under 18 years of age.

Natural family: Term used for your "biological" or "real" or "original" or "non-foster" family.

Pre-placement visit: A time to visit a potential foster family before you move in. You can talk with the foster family, ask them questions, and get a feel for the house to see if you'd like to live there.

Receiving Home: Temporary foster home where kids live while the social worker and court decide whether you can return home or need to remain in foster care.

Responsible Living Skill Programs: Special foster group homes where older teens who do not have a permanent family can live while they learn the skills they need to live independently at 18. (To open in February 2000)

Shared parenting: Natural parents and foster parents share the daily care of a child.

The State: Common name for the Washington state government, usually used in reference to the people in charge of your foster care case.

Social worker: The state employee who monitors your foster care case and helps you fulfill your ISSP.

Specialized foster care: Foster care for youth 6-17 who the State believes would benefit from intensive case management, counseling, and other support services.

Team meeting: Time when you, your social worker, your foster parents, and other professionals you're working with (like a counselor) will get together to talk about how things are going, how they can help you, and what you will be doing next.

Terminating parental rights: Court decision to end a parent's custody of their child when the parents have continually not made the necessary changes to provide a safe home for the child.

Visitation: Time to visit your parents or other members of your natural family. The court and your social worker will decide when and where you can have visitation.

Voluntary placement: Foster care which has been requested by the parents (instead of required by the State) because the parents feel that they need help raising their child.

Other words I need to know:

important names
and numbers

don't forget

remember

NUMBERS

names and numbers

keep it handy



important names and numbers. A Hot Line is a free phone number you can call anonymously 24 hours per day to talk with someone who will listen, answer your questions, and can tell you where to find help face-to-face!

If you need information on a topic that is not listed below, you can call your local Crisis Clinic for general info and more phone numbers to call. The Crisis Clinic number is usually listed in the very front of your local phone book.

Alateen

Alcoholics Anonymous for 12-19 year olds

1-800-356-9996

www.Al-Anon.alteen.org

Boys Town Hot Line

When you (guys and girls) just need to talk

1-800-448-3000

www.boystown.org

Child Abuse Hot Line

1-800-422-4453

www.childhelpusa.org

Child Protective Services

1-888-822-3541

C.L.E.A.R.

Free legal info (9:30 AM to 12:30 PM)

1-888-201-1014

Domestic Violence Hot Line

1-800-562-6025 VTTY

Drug and Alcohol Abuse Hot Line

1-800-662-4357

Financial Aide Hot Line

Money for college

1-800-433-3243

www.FAFSA.ed.gov

Healthy Mothers, Healthy Babies

1-800-322-2588

www.HMHB.org

Job Corps

Job training for 16-24 year olds

1-800-733-JOBS

www.jobcorps.org

National AIDS Hotline

1-800-342-AIDS

www.iwannaknow.org

National Runaway Hot Line

1-800-231-6946

www.nrscrisisline.org

National Runaway Switchboard

Message services, tickets home

1-800-621-4000

Office of the Ombudsman

Conflict mediation with the State

1-800-571-7321

Poison Control Center

Emergency info on accidental poisoning

1-800-732-6985

Social Security Administration

For new or lost cards

1-800-772-1213

important names and numbers:

NAME

STREET ADDRESS

CITY

STATE

ZIP

PHONE NUMBER

NAME

STREET ADDRESS

CITY

STATE

ZIP

PHONE NUMBER

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important names and numbers:

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STATE

ZIP

PHONE NUMBER

important names and numbers:

NAME

STREET ADDRESS

CITY

STATE

ZIP

PHONE NUMBER

NAME

STREET ADDRESS

CITY

STATE

ZIP

PHONE NUMBER

NAME

STREET ADDRESS

CITY

STATE

ZIP

PHONE NUMBER

important dates

IMPORTANT
dates

DON'T FORGET

remember this stuff

write it down

important dates:

DATE

WHAT'S HAPPENING

WHERE

I NEED TO BRING

DATE

WHAT'S HAPPENING

WHERE

I NEED TO BRING

important dates:

DATE

WHAT'S HAPPENING

WHERE

I NEED TO BRING

DATE

WHAT'S HAPPENING

WHERE

I NEED TO BRING

important dates:

DATE

WHAT'S HAPPENING

WHERE

I NEED TO BRING

DATE

WHAT'S HAPPENING

WHERE

I NEED TO BRING

contact log

CONTACT

log

IMPORTANT

don't forget it

write it down

contact log. As suggested by one of our foster care "experts", you will want to keep track of your contacts with your social worker, attorney, and other professionals working on your case. This information may come in handy later on if you need to remember what happened on a certain day so that you can advocate for yourself.

contact log:

DATE

PLACE

WHO WAS THERE

WE DISCUSSED

WE DECIDED TO DO

DATE

PLACE

WHO WAS THERE

WE DISCUSSED

WE DECIDED TO DO

contact log:

DATE

PLACE

WHO WAS THERE

WE DISCUSSED

WE DECIDED TO DO

DATE

PLACE

WHO WAS THERE

WE DISCUSSED

WE DECIDED TO DO

contact log:

DATE

PLACE

WHO WAS THERE

WE DISCUSSED

WE DECIDED TO DO

DATE

PLACE

WHO WAS THERE

WE DISCUSSED

WE DECIDED TO DO



Washington State
Department of Social
& Health Services

DSHS 22-364(X) (7/99)